

## WHAT IS CLAIMED IS:

- 1 1. A training system comprising:  
2 a database comprising information regarding the relevance of different physical activities to  
3 fitness categories; and  
4 a server for transferring information between a user and the database.
- 1 2. A training system according to claim 1, wherein the database comprises information  
2 regarding the relevance of different physical activities to at least one of the following fitness  
3 categories: flexibility, cardio-vascular, local muscular endurance, core stability, lower body strength  
4 and upper body strength.
- 1 3. A training system according to claim 2, wherein the server is operable to receive information  
2 from a user regarding the duration of a physical activity that the user has performed and to calculate  
3 the contribution of the physical activity performed to the user's fitness in at least one of the fitness  
4 categories.
- 1 4. A training system according to claim 1, wherein the database comprises information  
2 regarding the energy expenditure of the physical activities.
- 1 5. A training system according to claim 4, wherein the server is operable to receive information  
2 from a user regarding the duration of a physical activity that the user has performed and to calculate  
3 the energy expended by the user as a result of the physical activity that the user has performed.
- 1 6. A training system according to claim 1, wherein the server is operable to receive from the  
2 user information regarding a fitness profile of the user, wherein the fitness profile comprises  
3 information regarding the actual ability of the user to perform one or more measures of physical  
4 fitness.
- 1 7. A training system according to claim 6, wherein the server is operable to receive an  
2 indication from the user of a target physical fitness profile for the user.

1 8. A training system according to claim 7, wherein the server is operable to compare the actual  
2 fitness profile of the user with the target physical fitness profile of the user to generate difference  
3 information.

1 9. A training system according to claim 8, wherein the server is operable to output the  
2 difference information to the user.

1 10. A training system according to claim 9, wherein the server is operable to output the  
2 difference information as a chart.

1 11. A training system according to claim 1, wherein the server is operable to receive from the  
2 user an indication of the availability of the user for training.

1 12. A training system according to claim 7, wherein the server is operable to receive from the  
2 user an indication of the availability of the user for training.

1 13. A training system according to claim 12, wherein the server is operable to generate a  
2 recommended training regime for the user as a function of the difference information and the  
3 availability of the user for training.

1 14. A training system according to claim 13, wherein the server is operable to receive  
2 information from the user regarding the availability of the user for the recommended training regime,  
3 and

4 wherein the server is operable to modify the recommended training regime in accordance  
5 with the availability of the user for the recommended training regime, to generate a modified  
6 recommended training regime.

1 15. A training system according to claim 13,  
2 wherein the difference information comprises fitness category difference information  
3 regarding the differences between i) the actual fitness of the user in two or more fitness categories  
4 and ii) the target fitness of the user in two or more fitness categories,

5 wherein the server is operable to compare the fitness category difference information to  
6 determine for which of the two or more fitness categories there is the greatest difference between the  
7 actual fitness of the user and the target fitness of the user, and

8 wherein the server is operable to prioritize the suggested training regime for the fitness  
9 category in which there is the greatest difference between the actual fitness of the user and the actual  
10 fitness of the user.

1 16. A training system according to claim 13, wherein the server is operable to receive  
2 information from the user regarding a date of a competition, and wherein the server is operable to  
3 reduce an intensity of the training in the recommended training regime in a run-up to a competition.

1 17. A training system according to claim 13, wherein the server is operable to receive  
2 information from the user regarding an injury that the user has sustained, and wherein the server is  
3 operable to reduce an intensity of the training in the recommended training regime according to the  
4 information reg

1 18. A training system according to claim 1, further comprising a payment server for processing a  
2 financial transaction, wherein the payment server and the server are operable to transfer data using a  
3 telecommunications link.

1 19. A method of training a user, comprising using a training system according to claim 1.

1 20. A computer program product storing processor executable instructions for programming a  
2 processor to implement a training system according to claim 1.

1 21. A training system comprising:  
2 a database comprising information regarding the nutritional content of different foodstuffs;  
3 and  
4 a server for transferring information between a user and the database.

1 22. A training system according to claim 21, wherein the database comprises information  
2 regarding the nutritional content of foodstuffs in at least one of the following categories: protein,  
3 carbohydrate, unsaturated fat, saturated fat and calcium.

1 23. A training system according to claim 21, wherein the server is operable to receive  
2 information from a user regarding the type of foodstuffs and quantity of foodstuffs that the user has  
3 consumed and wherein the server is operable to use the information stored in the database regarding

4 the nutritional content of the foodstuffs to calculate the actual nutrition gained by the user as a result  
5 of the foodstuffs that the user has consumed.

1 24. A training system according to claim 21, wherein the server is operable to predict a  
2 nutritional requirement of the user.

1 25. A training system according to claim 24, wherein the server is operable to predict the  
2 nutritional requirement of the user on the basis of an energy requirement of the user.

1 26. A training system according to claim 25, wherein the server is operable to receive  
2 information from the user regarding one or more physical activities that the user has performed and  
3 to calculate the energy requirement of the user on the basis of the one or more physical activities that  
4 the user has performed.

1 27. A training system according to claim 26, wherein the server is operable to use information  
2 concerning a basal metabolic rate of the user to calculate the energy requirement of the user.

1 28. A training system according to claim 24, wherein the server is operable to compare the actual  
2 nutrition gained by the user with the predicted nutritional requirement of the user.

1 29. A training system according to claim 28, where the server is operable to output, to the user,  
2 information regarding a difference between the actual nutrition gained by the user and the predicted  
3 nutritional requirement of the user.

1 30. A training system according to claim 29, wherein the server is operable, on the basis of the  
2 difference between the actual nutrition gained and the predicted nutritional requirement, to output, to  
3 the user, information specifying modifications to a diet of the user for reducing the difference  
4 between the actual nutrition gained and the predicted nutritional requirement.

1 31. A training system according to claim 28, wherein the server is operable to output information  
2 specifying modifications to the diet of the user in at least one of the following categories: protein,  
3 carbohydrate, unsaturated fat, saturated fat and calcium.

1 32. A training system according to claim 21, wherein the server is operable to receive  
2 information from a user regarding the nutritional content of a foodstuff, and to cause the information  
3 to be stored in the database.

1 33. A training system according to claim 32, wherein the server is operable to receive  
2 information from two or more users regarding the nutritional content of foodstuffs, and wherein the  
3 server is operable to prevent a first user from accessing information provided by a second user.

1 34. A training system comprising:  
2 a database for storing information regarding a goal of a user; and  
3 a server for transferring information between a user and the database.

1 35. A training system according to claim 34, wherein the server is operable to prompt a user to  
2 enter information regarding a long term goal.

1 36. A training system according to claim 34, wherein the server is operable to prompt a user to  
2 enter information regarding a medium term goal.

1 37. A training system according to claim 34, wherein the database stores information regarding a  
2 short term goal.

1 38. A training system according to claim 34, wherein the server is operable to receive  
2 information from the user indicating an performance of the user with regard to one or more goals,  
3 wherein the server is operable to compare the performance with the one or more goals, and wherein  
4 the server is operable to output to the user information representing a result of the comparison.

1 39. A training system according to claim 38, wherein the server is operable to output the  
2 information to the user in the form of a pie chart.

1 40. A training system according to claim 38, wherein the server is operable to prompt the user to  
2 enter information specifying what the user regards as priority goals, and wherein the server is  
3 operable to output to the user information representing the result of the comparison for only the  
4 goals specified by the user as priority goals.

- 1 41. A training system comprising:  
2 a database for storing information regarding an injury sustained by a user; and  
3 a server for transferring information between a user and the database.
- 1 42. A training system according to claim 41, wherein the server is operable to receive  
2 information from the user specifying the location of an injury.
- 1 43. A training system according to claim 41, wherein the server is operable to receive  
2 information from the user specifying a severity of an injury.
- 1 44. A training system according to claim 41, wherein the server is operable to receive  
2 information from the user specifying a date that the injury was sustained.
- 1 45. A computerized system for devising a training scheme for a sports person comprising:  
2 first computer means for processing data, which has a database which stores for each of a  
3 plurality of sports a record of an idealized physiological profile; wherein:  
4 each sports person using the system inputs a selection of a sport and, in response to enquiries  
5 generated by the first computer means, information concerning his/her physiological profile; and  
6 the first computer means compares the physiological profile input by each sports person with  
7 the idealized physiological profile for the relevant sport and from this comparison formulates a  
8 training regime which is relayed to the sports person.
- 1 46. A system as claimed in claim 45 wherein:  
2 the first computer is connected via a telecommunications network to a plurality of remotely  
3 located computer means; and  
4 each sports person uses one of the plurality of remotely located computer means to input data  
5 to the first computer means via the telecommunications network and to receive enquiries and the  
6 formulated training regime from the first computer means via the telecommunications network.
- 1 47. A system as claimed in claim 46 wherein:  
2 the first computer means for each sports person scales the stored idealized physiological  
3 profile for the selected sport having regard to the weight of the sports person and compares the input

4 physiological profile with the scaled identical physiological profile when formulating the training  
5 regime.

1 48. A system as claimed in claim 47 wherein:

2 the first computer means for each sports person scales the stored idealized physiological  
3 profile for the selected sport having regard to the gender of the sports person and compares the input  
4 physiological profile with the scaled idealized physiological profile when formulating the training  
5 regime.

1 49. A system as claimed in claim 47 wherein:

2 the first computer means for each sports person scales the stored idealized physiological  
3 profile for the selected sport having regard to the age of the sports person and compares the input  
4 physiological profile with the scaled idealized physiological profile when formulating the training  
5 regime.

1 50. A system as claimed in claim 45 wherein:

2 each stored record of an idealized physiological profile comprises measurements taken from  
3 the set of: maximum capacity to transport oxygen to tissues; percentage of maximum oxygen  
4 transport capacity that may be maintained without accumulation of lactate; greatest weight that can  
5 be lifted once; maximum power; maximum number of sit-ups performed without rest; maximum  
6 number of push-ups performed without rest; maximum number of crunches performed without rest;  
7 and local muscle endurance; and

8 the first computer means generates enquiries relayed to the sports person which require data  
9 matching the measurements stored for the idealized physiological profile.

1 51. A system as claimed in claim 45 wherein:

2 the training regime formulated by the first computer means comprises recommendations for  
3 training session frequency.

1 52. A system as claimed in claim 45 wherein:

2 the training regime formulated by the first computer means comprises recommendations for  
3 heart rate during training.

1 53. A system as claimed in claim 46 wherein:

2 each sports person inputs periodically, in response to enquiries generated by the first  
3 computer means, data to establish a psychological profile for the sports person; and

4 the first computer means compares each input psychological profile for each sports person  
5 with a stored base psychological profile for the sports person and dependent on the comparison can  
6 modify the training regime formulated by the first computer means.

1 54. A method of devising a training scheme for a sports person comprising the steps of:

2 storing on a database on the first computer means an idealized physiological profile for each  
3 of a plurality of sports;

4 a sports person inputting to the first computer means a selection of a sport and, in response to  
5 enquiries generated by the first computer means, information concerning his/her physiological  
6 profile; and

7 a computer program running on the first computer means comparing the physiological profile  
8 input by each sports person with the idealized physiological profile for the relevant sport and from  
9 the comparison formulating a training regime which is then relayed to the sports person.

1 55. A computerized system for devising a training scheme for a sports person comprising:

2 first computer means for processing data, which has a database which stores a record of an  
3 pre-programmed physiological profile; wherein

4 each sports person using the system inputs, in response to enquiries generated by the first  
5 computer means, information concerning his/her physiological profile;

6 each sports person using the system can vary the pre-programmed physiological profile by  
7 inputting a target or targets selected from options provided by the first computer means;

8 the first computer means compares the physiological profile input by each sports person with  
9 the varied physiological profile selected by the sports person and from this comparison formulates a  
10 training regime which is relayed to the sports person.